

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge</p>	<p>3</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 10:30am...Summertime Health 1:00pm...Chorus</p>	<p>4</p> <p>9:00am...Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:15pm...Shopping at Shaw's</p>	<p>5</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's</p>	<p>6</p> <p>9:00am...Zumba Gold 9:00am...Benefit Rep 9:30am...Fitness Orientation 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm...Mother's Day Party 1:30pm...Decorate a Basket</p>
<p>9</p> <p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>10</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 1:00pm... Bridge 1:00pm...Chorus</p>	<p>11</p> <p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:15pm...Shopping at Shaw's</p>	<p>12</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's</p>	<p>13</p> <p>9:00am...Zumba Gold 9:00am...Benefit Rep 9:30am...Fitness Orientation 10:00am...Scrabble Club 1:00pm...Flowers for Everyone 1:00pm...Yoga</p>
<p>16</p> <p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>17</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 1:00pm...Chorus 3:00pm...AARP Smart Driving</p>	<p>18</p> <p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:15pm...Shopping at Shaw's</p>	<p>19</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's</p>	<p>20</p> <p>9:00am...Zumba Gold 9:00am...Benefit Rep 9:30am...Fitness Orientation 10:00am...Scrabble Club 1:00pm...Yoga</p>
<p>23</p> <p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>24</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 1:00pm...Bridge 1:00pm...Chorus</p>	<p>25</p> <p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Beginners Bridge 10:00am...Line Dancing 12:30pm...Bridge 1:15pm...Shopping at Shaw's</p>	<p>26</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am... Blood Pressure 1:00pm...Bingo 1:15pm...Shopping at Shaw's</p>	<p>27</p> <p>9:00am...Zumba Gold 9:00am...Benefit Rep 9:30am...Fitness Orientation 10:00am...Scrabble Club 1:00pm...Yoga</p>
<p>30</p> <p>CLOSED for MEMORIAL DAY</p>	<p>31</p> <p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Current Events 1:00pm...Chorus</p>	<p>MAY 2016</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Juice Scrambled Eggs Baked Virginia Ham Home Fried Potatoes Fresh Fruit Cup	3 Chicken Escarole Soup Italian Style Chicken Cutlet Seasoned Pasta Tossed Salad Fresh Fruit <i>(Salami & Cheese on Italian)</i>	4 Tomato & Brown Rice Soup Pub Burger Au Jus Tater Tots Florentine Blend Vegetables Sliced Pears <i>(Egg Salad on Wheat Roll)</i>	5 Tortilla Soup Spanish Style Pork Black Beans and Rice Mexican Vegetable Mix Tapioca Pudding <i>(Chicken Salad on Wheat)</i>	6 Onion Soup Stuffed Chicken Red Bliss Mashed Potatoes Capri Blend Vegetables Coffee Cake <i>(Tuna on Wheat)</i>
9 Beef Vegetable Soup Liver and Onions Oven Roasted Potatoes Mixed Vegetables Pudding <i>(Seafood Salad on White)</i>	10 Pineapple Cottage Cheese Pulled Pork Baked Beans Cole Slaw Sherbet <i>(Chicken Salad on Oatmeal)</i>	11 Chicken Soup Roast Turkey with Gravy Stuffing Baby Whole Carrots Fresh Fruit <i>(Pastrami & Swiss on Marble)</i>	12 Red Chowder Seafood Casserole Baked Potato Broccoli Slaw Sugar Cookies <i>(Ham and Cheese on Rye)</i>	13 Potato Leek Soup French Meat Pie Brussel Sprouts Sliced Peaches <i>(Shrimp Salad on Roll)</i>
16 Italian Wedding Soup Veal Parmesan Seasoned Ziti Italian Blend Vegetables Spumoni <i>(Chicken Salad on Italian)</i>	17 Tomato Vegetable Soup Grilled Chicken Caesar Salad Lorna Doone Cookies <i>(Bologna and Cheese on Multi Grain)</i>	18 Navy Bean Soup Baked Ham with Glaze Sweet Potatoes Broccoli Butterscotch Pudding <i>(Meatballs on Grinder Roll)</i>	19 <u>Happy Birthday</u> Venus de Milo Soup Shepard's Pie Peas & Carrots Frosted Cupcake Garlic Bread <i>(Italian Grinder)</i>	20 Lentil Soup Florentine Fish Mashed Potatoes Green Beans Fresh Fruit <i>(Corned Beef & Swiss on Rye)</i>
23 Escarole & Bean Soup Italian Sausage on a Roll Peppers & Onions Pasta with Sauce Mandarin Oranges <i>(Egg Salad on a Roll)</i>	24 Egg Drop Soup Chicken Chow Mein Fried Rice Stir Fried Vegetables Vanilla Pudding <i>(Hamburger on a Bun)</i>	25 Chicken Soup American Chop Suey Elbow Pasta Summer Squash Pound Cake <i>(Ham Salad on Oatmeal)</i>	26 Minestrone Soup Egg Salad Baked Chips Tomato & Cucumber Salad Seasonal Fresh Fruit <i>(Turkey on Wheat Bread)</i>	27 Chicken Gumbo Soup Chicken Leg Quarter Baked Beans Cole Slaw Ice Cream Roll <i>(Tuna on Pumpernickel)</i>
30 CLOSED for MEMORIAL DAY	31 Corn Chowder Country Crisp Fish Mashed Potatoes Mixed Vegetables Fruit Cocktail <i>(Meatloaf on Bun)</i>	Thank you for your donations! Your donations help keep the program going. <i>All menu items may contain nuts,</i> <i>seeds, beans and wheat bran +</i> <i>other allergens</i>	MAY 2016	